

Slowly Deviled Beef

Courtesy of Carole's Creations

Prep Time: 12 minutes

Cooking Time: Slow cook on high for 5-6 hours
or low for 8 – 10 hours.

Serves: 4

CChints: If you want to save a little money per pound, buy a chuck roast and cut it into 1 inch squares yourself, or you can buy stew meat already cut in packages from your market. You can usually plan on 1/2 pound of meat per person for an adult and 1/4 pound for a small child.



2 pounds stew beef
2 teaspoon olive oil
1 envelope Sloppy Joe seasoning mix
6 ounce can tomato paste
1/2 cup water
1 cup celery, diced
1 green pepper, diced
1/2 of a medium yellow onion, diced
4 plus servings of whole grain rice or flat noodles
4 servings of fresh yellow squash or zucchini, sliced
1/2 teaspoon Molly McButter ®

Add oil to a large nonstick skillet of medium high heat. When the oil is hot, add the beef and brown quickly on all sides for 6 minutes.

While the meat is browning, get out your slow cooker and combine the seasoning mix, paste and water. Blend well and add the meat to the cooker. Add the celery through onions to the cooker. Cover and put it on the desired temperature for the length of time you need.

At the end of the cooking time, turn the heat down and prepare your rice or noodles. Rice usually takes 25 minutes but noodles are under 12 minutes. After cooking, drain.

Wash and dry your fresh vegetables. Slice and put in a microwave safe container that has a cover. Sprinkle them with Molly McButter, cover the container but leave an opening for the steam to release. Cook on high for 2 minutes. Check for desired texture because thicker slices may need another 30 – 45 seconds to cook. It will continue to cook even after you have pulled the container from the microwave.

To plate, put a serving of rice or noodles on each plate. Top with a scoop of Deviled beef and serve your vegetables on the side.

Enjoy!